

Experiences Related to Aids/HIV

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

An HIV positive patient reports: "The H+ tapes work for me as a direct mind-to-body experience. All have something to offer, and I believe each person who uses them regularly will develop a combination that works best for him or her. Initially I used one or two tapes every day. Now I listen when I feel the need and don't have a regular schedule. The tape I use and the time I use it is determined by my own sense."

Hemi-Sync tapes were part of an eight-week (24-hour) seminar attended by eight HIV positive men. Among the results: all noted an overall improvement in sleep patterns; two with pain noted a total cessation of symptoms; two reported a substantial (200+) increase in T4 cell levels; all noted significant changes related to well-being and physical relaxation. There was a noticeable reduction of general anxiety and tension, increased permission to explore options for change, increase in commitment to improve the quality of their lives, increase in personal energy conveyed and enthusiasm expressed in body posture and general attitude.

The *Positive Immunity Program* is a weekend course (also available as an album for home use) that incorporates tapes from the *Gateway Experience* Waves I and II and selected H+ tapes. Transformative changes begin early in the workshop. Some people experience a physical cleansing and display such symptoms as aching and cramping muscles, headaches, nausea, and back pain as toxins are cleansed from the body, and mental and emotional shifts take place. Powerful changes occur and are evidenced by dramatic differences in complexion, muscular relaxation, and actual reduction in AIDS symptoms. One participant suffered from Kaposi's sarcoma lesions that had moved into his sinuses. He had received radiation therapy, causing the tissue around his eyes to swell severely and turn dark purple. By the workshop's end, this swelling was visibly reduced, and the discoloration had shifted to pink.

Such comments as "I have never felt so relaxed," "I haven't had this much energy in months," and "I am leaving with tools that I can really use on my own," are characteristic. *Hemi-Sync* is a coping tool for those struggling with this new way of living. It opens doors to transformation and can be used to help create a harmonious release from a body stricken with AIDS. It is a most vital tool for the journey of those facing life with AIDS.

Susan contracted the AIDS virus through a transfusion of contaminated blood during a routine surgical procedure five years ago. She is a person who has an open mind and helps herself, given the tools. She is using *Immunizing*, *Imprint*, *Energy Walk*, *The Visit*, and *Focus 10 (Gateway)*, and tells that *Hemi-Sync* gives her necessary support to make her able to continue leading a normal life.

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